

# Trauma Skills Program

DELIVERED  
ONLINE

**Providing resources, education and clinical support to learn skills to manage symptoms of trauma.**

## Who is the program for?

Individuals who have experienced trauma and who may have been diagnosed with PTSD, Adjustment Disorder or mood and anxiety disorders. This is for patients who want to learn and expand their knowledge and skills towards recovery in a supportive atmosphere.

## Program Content

- Understanding trauma disorders
- Stabilising self-care
- Decreasing arousal
- Identifying trauma beliefs
- Addressing anhedonia
- Managing dissociation
- Reducing avoidance
- Trigger management plans

## About the program

This virtual group program will be delivered online via Microsoft Teams. Sessions focus on implementing skills and techniques to help participants manage their symptoms of trauma and understand its impact on one's self in preparation for further trauma work.

## Program Requirements

Participants are required to attend the

## When is it held?

One day a week over 8 weeks. Closed group with set intake dates.

8:45am - 9:00am Sign on  
9:00am - 10:30am Group Session - part 1  
11:00am - 12:30pm Group Session - part 2

## How to join?

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to South Coast Private Hospital.

## How much does it cost?

This online program is currently only available to participants who are funded by Workers Compensation. We will seek approval from your insurer for you to participate.

## Further Information

For information on this program please contact the South Coast Private Day Programs Team

T: 02 4286 6847

E: [sco.dayprograms@aurorahealth.com.au](mailto:sco.dayprograms@aurorahealth.com.au)